

EXERCISES FOR YOUR NECK AND SHOULDERS

Work wellness tips from Cigna Healthy Working Life®

We hold a lot of tension in our neck and shoulders from staring down at screens all day. It's time to loosen them up!

1. W stretch



Step 1: Raise your arms outward to 90 degrees and bend your forearms upward to 90 degrees with your palms faced forward.

Step 2: Breathe in and raise your palms higher than your head.

Step 3: Breathe out and lower your palms below your head.

2. Dorsal Glide



Step 1: Send your neck backwards without tucking in your chin.

Step 2: Hold for 5 seconds.

Challenge: Put your back against a wall and send your neck backward against it.

3. Lateral Stretch

Step 1: Tilt your head to the side and hold 15-20 seconds. Repeat on the other side.

Step 2: Tilt your head to the side and look down towards your shoulder. Repeat on the other side.

Step 3: Tilt your head to the side and look upward in the opposite direction. Repeat on the other side.

Tip: Try not to circle the neck.

Challenge: Hold a light weight in each arm or keep your fingers touching a chair back.



4. Posterior stretch

Step 1: Place your arm across your chest.

Step 2: Use your other arm to pull that arm towards your chest.

Step 3: Repeat with your other arm.

Tip: Remember to keep your shoulders low.



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5. Wall climb



Step 1: Stand with one side toward a wall.

Step 2: Place your fingers on the wall 30 degrees out in front of you.

Step 3: Crawl your fingers up the wall, keeping a straight arm and low shoulders.

Step 4: Hold at the top 20 seconds and crawl back down.

Step 5: Repeat 6-8 times on each arm.

Variation: Face the wall and crawl your arm out in front of you.

6. Scapular reach

Step 1: Lie down on your back with your legs out straight.

Step 2: Hold your arms straight over your chest with your palms facing one another.

Step 3: Reach your fingers toward the ceiling.

Step 4: Reverse. Push your shoulders into the floor.



7. Supine chest stretch

Step 1: Lie down on your back.

Step 2: Place your arms out to the side at 90 degrees.

Step 3: Bend your knees to one side, with one placed on top of the other.

Step 4: Straighten your top leg. Hold.

Step 5: Repeat on your other side.

Tip: Try to keep both shoulders flat on the floor.



8. Scaption raises

Step 1: Stand with both arms at your side.

Step 2: Raise both arms from forward and outward at a 30 degree angle.

Challenge: Try holding light weights or soup cans.



9. Wall press

Step 1: Stand facing a wall.

Step 2: Place both fists against it and push without moving your body.

Variation: Turn around and push your elbows against the wall, instead.



10. Wall Plank



Step 1: Stand facing a wall.

Step 2: Place your forearms on the wall with your fists at eye level and lean in.

Step 3: Twist your body so that your torso is perpendicular to the wall, keeping your elbow bent. Then, rotate back in.

Step 4: Repeat on your other side.

Participating in Achilles running or other athletic events is potentially hazardous. You agree to follow the recommendations of the trainer, including being active every day, following tutorials, logging your activity and communicating with the trainer.

You assume all risks associated with participating, including but not limited to falls; all such risks being known and appreciated by you.

Please consult with your health care provider about your health concerns before performing any exercises and for help determining if an exercise program is right for you.

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